



### WALLWORK - PROFESSIONAL BADMINTON COACHING

**JENNIFER WALLWORK** - European and Commonwealth Silver Medallist / 5 x National Senior Doubles Titles / Over 40 Senior International Caps / Highest World Mixed Doubles Ranking = 5 / Winner of numerous International Doubles Titles / Badminton England Qualified Coach.

**BRIAN WALLWORK** - Former Badminton England International Coach and Team Manager / National Tutor and Assessor of Coaches / Former World and European Champion on the Seniors Circuit.

\* \* \* \* \* \* \*

### ADULT PERSONAL PERFORMANCE COURSE AT THE NEW LEEDS BADMINTON CENTRE, NINELANDS LANE, GARFORTH, LS25 1NX – 17<sup>th</sup> MAY, 2015.

The Course is for Adult Club Standard players and is aimed at assisting them to reach higher levels of competitive play.

The course will be of four hours duration with appropriate breaks.

There will be a maximum of four players per court.

Feathered shuttles will be used.

**Cost = £28.00 per person.**

(Price increase due to the rise in shuttle costs).

Coaching themes will focus on the following aspects:-

Movement Skills / Shot Techniques / Level Doubles and Mixed Doubles Tactics / Positional Play / Mental Approach to Competitive Play.

### COURSE DETAILS

DATE: SUNDAY, 17th MAY, 2015. TIME: 10.00am TILL 2.00pm.

Players wishing to enrol should complete the tear off application form below and return with the appropriate fee to:-

Brian Wallwork, North Barn, Off Selby Road, Monk Fryston, LS25 5EL.  
(Cheques made payable to "Brian Wallwork" / Payments can be made electronically upon request).

On line to: [brian@wallwork1.wanadoo.co.uk](mailto:brian@wallwork1.wanadoo.co.uk)

## **BADMINTON ADULT PERSONAL PERFORMANCE COURSES – APPLICATION FORM.**

**COURSE APPLIED FOR:** **SUNDAY, 17th MAY, 2015**  
**10.00am till 2.00pm**  
**LEEDS BADMINTON CENTRE, GARFORTH**

NAME: \_\_\_\_\_

**ADDRESS :** \_\_\_\_\_

POST CODE: ..... TEL. No.: .....

**EMAIL:** .....

**NAME OF CLUB :** ..... **DIVISION :** .....

**AFFILIATED TO THE** ..... **LEAGUE**

**ANY HEALTH / INJURY RELATED ISSUES:** .....

EEEEE ENCLOSED: f.....

**SIGNED :** **DATE :**

**PLEASE NOTE: -**  
**Participating Players must be over 16 years of age.**

**Completed applications forms will be taken in order of acceptance due to the high demand for places. Unfortunately a number of applications could not be accepted on the last course due to capacity.**